

With This Amazing New Medical Weight Loss e-Book

“You Can Lose Up To A Pound Of Fat Per Day!”



Call (301) 933-7827 to schedule your free Medical Weight Loss visit today!

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Table of Contents

Welcome	3
Facts about overweight and obesity	3
Defining Being Overweight or Being Obese	4
Definitions for Adults	4
Are you really serious about losing weight?	5
Is This Really The Weight Loss Program You've Been Looking For?	6
Already Proven To Work!	7
What makes Us Different	8

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Welcome!

Dear Friend,

Thanks for taking the time to get this report. This is your first BIG step to get you on the road to the final weight-loss program you'll ever need.

Q: Are you interested in losing some inches along with body fat and weight so you look like you did a few years ago? You're in the right place!

If you answered "YES" to that question, this is something you'll want to read.

Facts about overweight and obesity

- Overweight and obesity are the leading risks for global deaths. Over 65% of Americans are overweight, and among those, HALF are obese! And the numbers keep rising each year!
- Around 3.4 million adults die each year as a result of being overweight or obese.
- In addition, 44% of the diabetes burden, 23% of the ischemic heart disease burden and between 7% and 41% of certain cancer burdens are attributable to people being overweight and obesity, so don't take this lightly.

Unfortunately, a lot of people in the U.S. are overweight. And if that's not bad enough, a lot of these overweight people are considered obese. Before I explain what I do, let's define obese.

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Defining Being Overweight or Obese

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height.

The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.

Definitions for Adults

For adults, overweight and obesity ranges are determined by using their weight and height to calculate a number called the "**body mass index**" (BMI).

BMI is used because, for most people, it correlates with their amount of body fat. An adult who has a BMI **between 25 and 29.9** is considered to be **overweight**.

An adult who has a BMI **of 30 or higher** is considered to be **obese**.

Here's an example.

Height	Weight Range	BMI	Considered to be...
5' 9"	124 lbs or less	Below 18.5	Underweight
	125 lbs to 168 lbs	18.5 to 24.9	Healthy weight
	169 lbs to 202 lbs	25.0 to 29.9	Overweight
	203 lbs or more	30 or higher	Obese

If you were a man, and you were 5'9" tall, and you weighed 205 lbs, you are **OBESE**.

It is important to remember that although BMI correlates with the amount of body fat you have, BMI does **not** directly measure your body fat.

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Other methods of estimating body fat and body fat distribution include measurements of skinfold thickness and waist circumference, calculation of waist-to-hip circumference ratios, and techniques such as ultrasound, computed tomography, and magnetic resonance imaging (MRI).

With you, I'm going to stick to the basics.

If you or someone you know is overweight, that's bad, but if someone you know is considered obese, by the chart you've just looked at, their health is at risk.

What's worse, most people are not aware that they are obese. (They think they could simply "stand to lose a few pounds." With someone being either overweight or obese, there are risks. Most are associated with being obese, but being overweight is bad as well!

That's one of the biggest reasons I am writing this report.

I've noticed a lot of people in Oviedo and the surrounding areas are not aware of the risks associated with obesity and being overweight.

Trying to shed some fatty, toxic holding weight by embracing drastic **weight loss** techniques like starving yourself, eating only some type of boxed food they tell you is low in calories, or cutting out all the fats can be dangerous.

Dangerous to your health, your body, your moods, and your immune system.

Plus if you follow that type of weight loss regimen, there's a possibility you might lose a small amount of weight, but then (if you're like a large majority of people) you'll finally give in and eat more than usual. That means one thing. You gain all the weight back... plus more.

Are you really serious about losing weight?

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That's one of the first questions you should be asking yourself. Sure you want to lose some weight and trim down, but are you dead serious about losing those extra inches and fat that have plagued you for years.

Then there's the issue of keeping them off after you've lost them.

I know you think you are doing everything you can right now to drop some weight, but most people are not serious enough to make a real commitment, and I can tell you that if you make the commitment, we'll get the weight off of you.

Here's another important question you need to answer.

Do you want to drop some weight and stop the yo-yo-ing effect? If you answered YES, then you're going to like what I share with you in this report.

You can virtually "melt away" your FAT without strenuous dieting or excessive exercising if you can do a couple of simple things.

We believe this is the best kept weight loss secret to come along in years - when you're talking about FAST, EFFECTIVE weight loss and we're willing to share it with you if you're committed to taking your weight off.

Is This Really The Weight Loss Program You've Been Looking For?

As I said, we believe this is the best weight loss program there is if you want permanent weight loss.

Anyone can show you how to take a few pounds off fast... but we're all about taking the weight off, then helping you keep it off for good. Once you've mastered this, you'll have the keys to staying young and youthful looking with a great body.

Now you might be afraid the "solution" is worse than the problem, but let me assure you, it's NOT!

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When you schedule an appointment, we're going to do everything for you. We're going to show you how you can lose weight, drop inches, improve your appearance, freshen up your facial features, clear up your complexion and even improve your posture.

How's that possible?

Simple.

If you lose your weight like we show you, you're going to 1) improve your skin, 2) your body, your face, and your complexion. That's why our patients think this program is absolutely phenomenal... once they get started and they lose the weight.

Hi, I'm Dr. Dr. John Melmed, M.D., and I am a regular practicing doctor in Silver Spring Maryland. As a physician I love helping people lose stubborn weight, feel better, look younger, and then keep it off and that's why I have searched for the best weight loss program possible.

Already Proven To Work!

My exclusive weight loss system is completely SAFE and has been proven to work by hundreds of my current patients.

It's based on 'scientific medical principles' that cause some immediate changes and is strictly administered by the medical staff along with some common-sense protocols.

One thing you'll notice when you start our program... everyone is on the same page. If you want to lose 25 pounds, that's our goal. To help you lose the 25 pounds as fast as possible, and yet not try and starve you or have you eating some unsavory boxed foods.

When you're overweight, even a few pounds, you start to lose your strength, your vitality, you move slower, you age quicker, and you can even become more feeble if

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you're older. And on top of all of that, when you AGE prematurely, your "fat" cells clog your body's vital organs.

That change we're looking for will begin after you start utilizing this amazing weight loss system.

You may be like some people who have lost their figure due to this "fat" clogging weight gain and that's unfortunate. The good news is this. You can get back that figure you used to have with a little concentrated exercise and learning how to eat right.

Here's the problem I've found with most people who want to drop some weight. They, for whatever reason are unable to find a simple, easy to follow system to reduce their fat and then keep it off.

Even their coordination, daily movements and attractiveness are destroyed when they gain weight. That ALL changes when they start using this weight loss system and stick to it.

If this sounds like something you might be interested in, here's what I'd like you to do...

CALL my office NOW! (407) 505-4277

Don't worry. You won't have to make any radical changes in your lifestyle, have surgery, or take anything harmful.

None of that.

We'll take some information from you, find out what your goals are, lay out a plan that works for both of us, and then get you started on a proven weight loss program.

What makes Us Different?

Our medical services include medically supervised weight loss. If you have tried to lose weight before but failed to keep off the pounds, we can help! Our approach to losing weight is not a short-term diet, but a long-term lifestyle change.

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Our nutritional cleanses help remove toxins from your body and reset your metabolism. When you reset your metabolism you LOSE the weight, and then you KEEP it OFF.

There's no need to starve your body or follow an extreme diet where you basically starve yourself to death.

We help you gradually incorporate dietary changes into your life that support your weight loss, so you lose the weight the right way, and without difficulty.

These sustainable changes feed your body from the inside out, providing your organs with the nutrients they need to function in harmony.

You will not only lose weight, but also feel better and have more energy!

Our medical team follow a whole body approach to helping you lose weight. When the entire body and its different systems work in harmony with one another, you lose weight, you avoid illness, and you live an active life. Our medical wellness care services are designed to support your body's health for years.

If you want to lose some weight, your treatments will be begin as soon as you are ready.

Your session will be private and you'll start to lose up to a pound a day, every day, depending on your current size, (jean size if you're a male,) your age, the condition of your body when you start the program and most importantly, your commitment and follow through.

You'll consult with me or one of my highly trained staff personally on a weekly basis for follow up and questions.

Once you've reached your desired weight, you'll find out you have more energy, you look better, you feel younger, you move better, and you have your self-confidence back again.

You're going to be excited with your results!!

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Don't Wait!
Start Losing Weight Today!

Every day you wait is just one more day you're putting your health at risk.

Call my office now. We'll get you scheduled immediately so you can talk to me or one of my professionally trained weight loss staff.

If you want to lose weight, we can make it happen!

Sincerely,

Dr. John Melmed, M.D.



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P.S. Most Americans don't think carrying extra pounds is a health risk. But the harsh reality is that being obese can take off as many as 20 years off your life!

Fortunately, losing even a small amount of weight can reduce - and sometimes Reverse - the risks associated with being overweight or obese. Need inspiration, help, and compassion to slim down?

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